



**Goal Umpires
Round 7**

CONDITIONING

Group Warmup
(10-15' Activation/Run/Mobility)

+

QUICKNESS

[COD 2a – Easy Z](#) x2e/s w Walk Recovery

[COD 2b – Cutting Z](#) x2e/s w Walk Recovery

[A, B, C Drill](#) (Approx 5')

[Sixers and Sevens](#) (Approx 5')

[Zig Zag 1 Drill](#) (Approx 10')

[Star Run](#) (Approx 10')

SKILLS

[Rapid Fire](#)

[Bread & Butters – On The Run](#)

[Bread & Butters - Static](#)

[Low Ball Wide Angles](#)

[Lone Defender Chasing Back](#)

Skills coaches to collaborate with state HPM to arrange sessions based off this template

